

Report to:	HEALTH AND WELLBEING BOARD
Relevant Officer:	Dr Arif Rajpura, Director of Public Health
Relevant Cabinet Member	Councillor Amy Cross, Cabinet Member for Adult Services and Health
Date of Meeting	20 June 2018

FYLDE COAST SELF-CARE STRATEGY 2017 - 2020

1.0 Purpose of the report:

1.1 To present for agreement and commitment to action, the Fylde Coast Self-Care Strategy 2017 – 2020.

2.0 Recommendation(s):

2.1 To approve the Fylde Coast Self-Care Strategy 2017- 2020.

2.2 To note the aims and ambitions for action against the strategy.

2.3 To request any partners interested in getting involved in actions to deliver the strategy join the Self Care Strategy Development Group – next meeting Friday 22 June 2018 at 1pm.

3.0 Reasons for recommendation(s):

3.1 The Fylde Coast New Models of Care Programme has aimed to transform the delivery of health and care in order to improve patient outcomes, provide better experiences for patients and staff and deliver sustainable change across the system. Prevention and self-care is at the heart of this ambition but will require all partners to look at innovative approaches to address the health inequalities that exist in the local communities whilst responding to the prevalence increase in long-term conditions, including those with multi-morbidity.

People have a key role in protecting their own health, making healthy lifestyle choices and choosing appropriate treatment options in order to manage episodes of ill-health and managing long-term conditions. The population needs to be empowered to take action to stay healthy and look after themselves, their children, their families and others physical, mental, social and psychological health.

It is obvious from evidence and good practice what is needed to help people to self-care across the continuum from self-responsibility to medical intervention in trauma situations. These range from the daily choices we make such as eating well, taking exercise and having the flu vaccine – to interventions aimed at individuals with long term conditions; they make decisions about how to manage their conditions themselves every day.

This Self-Care Strategy aims to redress the balance and put the systems and processes in place so that patients and the wider community feel able to self-care; that they have the confidence, knowledge, resources and support to make it happen, and that they know when to ask for help and when to contact services for support.

To ensure that the Strategy delivers on its ambitions; action and activities need to be scaled up to ensure more people are involved, that there is an increase in healthy lifestyles and behaviours, and more community lead actions.

3.2a Is the recommendation contrary to a plan or strategy adopted or approved by the Council? No

3.2b Is the recommendation in accordance with the Council's approved budget? Yes

3.3 Other alternative options to be considered:

None.

4.0 Council Priority:

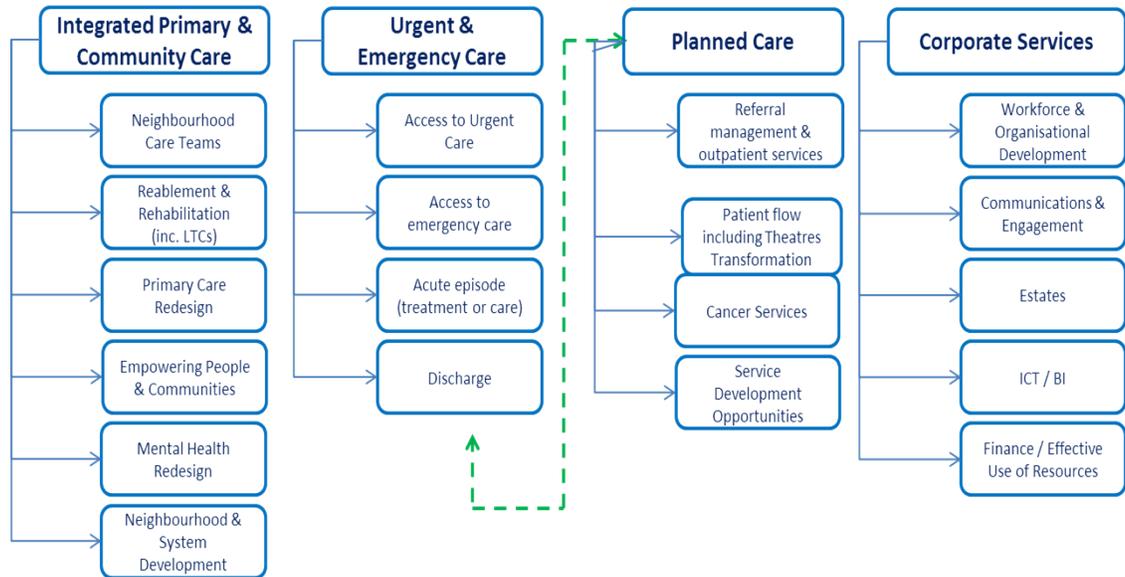
4.1 The relevant Council priority is "Communities: Creating stronger communities and increasing resilience".

5.0 Background Information

5.1 This work to improve the health and wellbeing of Blackpool communities by involving them in practical activities and decisions about how services are delivered as part of the Fylde Coast Integrated Care Partnership (ICP), Integrated Primary and Community Care (IPCC) work stream and consists of three broad areas of work:-

- a) Engaging communities
- b) Self-care
- c) Neighbourhood Development

5.2



The Fylde Coast New Models of Care Programme has aimed to transform the delivery of health and care in order to; improve patient outcomes, provide better experiences for patients and staff, and deliver sustainable change across the system. Prevention and self-care is at the heart of this ambition but will require all partners to look at innovative approaches to address the health inequalities that exist in Blackpool communities whilst responding to the increase in long term conditions, including complex mental health issues and multi-morbidity.

5.3

People have a key role in protecting their own health, making healthy lifestyle choices and choosing appropriate treatment options in order to manage episodes of ill-health and long-term conditions. We need to enable the population to take action to stay healthy and look after themselves, their children, their families and others physical, mental, social and psychological health. Partners want all sections of the Blackpool community to have access to the information, advice, support, tools and resources that they may need to make healthy lifestyle choices.

5.4

This work stream has been working hard to ensure that Blackpool residents are at the centre of this system change by:-

- building on the assets/strengths (e.g. knowledge, skills and experiences) that already exist in the community;
- ensuring people and communities (which includes the workforce) are equal partners in changing behaviours, building resilience and providing mutual support;
- putting the community at the heart of the New Models of Care transformation agenda; including the decision making, design and delivery of the Neighbourhood

Teams.

5.5 Does the information submitted include any exempt information? No

5.6 **List of Appendices:**

Appendix 5a: Fylde Coast Self-Care Strategy 2017 - 2020

6.0 **Legal considerations:**

6.1 None.

7.0 **Human Resources considerations:**

7.1 None.

8.0 **Equalities considerations:**

8.1 None.

9.0 **Financial considerations:**

9.1 None.

10.0 **Risk management considerations:**

10.1 None.

11.0 **Ethical considerations:**

11.1 None.

12.0 **Internal/ External Consultation undertaken:**

12.1 None.

13.0 **Background papers:**

13.1 None.